

Day #3:

PUSHUPS AND SITUPS

Welcome to day 3 of the Get Moving Challenge. Did you go walking yesterday? How did it go?

Today we're going to be doing a few pushups and situps. Don't worry, you're not going to kill yourself!

Fitness Point:

It's time for push ups and sit ups, your favorite! Now, don't worry. We're going to start small. You're not doing 100 push ups today. We're going to start with just five push ups and five sit ups.

If you can't do that many, do 3. Or 2. Or 1. You just have to do it!

Just a quick note on the proper form for push ups:

- Keep your head and neck straight
- Keep your shoulders and back stable
- Keep your hands *below* your shoulders
- Put pressure on the outside of your hands
- Keep your hips and torso straight
- Use a controlled tempo

Don't freak out if you can't do all these things.
Imperfect action is still action.

Here's a video to give you a visual representation:
https://youtu.be/zF0jbubK_jU

ACTION:

Okay, time to get this done! Get down on the floor and do those push ups!

Remember, you're trying to build a tiny habit here. If one is all you can do, that's great. Do one today, one tomorrow, one the next day, and soon you'll be able to do two. Build the habit and keep it going.

Tomorrow we're going to be doing some bodyweight squats. Don't worry if you don't know how. I'll show you.

Until then, please share how it went for you. Were the push ups hard?